

First Universalist Church of Southold  
PO Box 221 Main Road  
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# The Free Spirit

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August 1, 2022

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## **Services – at Holy Trinity Church**

Sunday, August 7, 11:00 a.m.

**“How to Not Be Cynical”**

Rev. Valerie Freseman

Sunday, August 14, 11:00 a.m.

**Question Box Sunday**

Rev. Valerie Freseman

Sunday, August 21, 11:00 a.m.

**“Personal Reflection”**

Virginia Cava will share her personal story as one of our newest members.

Virginia Cava, lay speaker

Sunday, August 28, 11:00 a.m.

**“Report from the 2022 General Assembly”**

Bill Funke and Patte McManus, lay speakers

**Coming Attractions!!!** \*\* Questions? Please email us at [SoutholdUU@optonline.net](mailto:SoutholdUU@optonline.net) \*\*

**Aug. 2<sup>nd</sup> – Covenant Group.** Southold Library, 4:00 p.m. Topic: “Faith and Trust”

**Aug. 10<sup>th</sup> – Social Action Committee & 8th Principle Task Force.** Online – Zoom, 4:00 p.m.

**Aug. 12<sup>th</sup> – Spiritual Practice Labyrinth Walk.** Bank of America parking lot, Main Road, Southold, 4:00 p.m.

**Aug. 25<sup>th</sup> – Spiritual Practice.** Online – Zoom, 7:00 p.m. Topic: “Sacred Text: Part 5 - Islam”

**Aug. 27<sup>th</sup> – Community Yard Sale.** Church grounds, 9:00 a.m. – 3:00 p.m.

**Coming Attractions!!! (cont'd.)**

**Aug. 30<sup>th</sup> – Board Meeting.** Parsonage, 4:30 p.m. All are welcome via Zoom.

### August Spiritual Practice Offerings

Labyrinth Walk – Friday, August 12<sup>th</sup>, 4:00 p.m.

Join us for a late afternoon Labyrinth walk. The labyrinth is next to the barn owned by the Presbyterian Church, right behind the Bank of America on Main Road in Southold. Please RSVP to [fristuminister@optimum.net](mailto:fristuminister@optimum.net) or call the office if you have questions! Meet at the Bank of America parking lot.

Sacred Text: Part 5 – Thursday, August 25<sup>th</sup>, 7:00 p.m., Zoom

Our sacred text study group continues with “Chapter 7: Islam” from Philip Novak’s book, *The World’s Wisdom*.

### Covenant Group

All are welcome to join us at the Southold Free Library, Tuesday, August 2, 4:00 p.m. Our topic is, “Faith and Trust.” We will be reading, *Eight Questions of Faith*, by Niles Elliot Goldstein.

Please bring quarters for our jar for the Greenport Laundromat. Also, bring non-perishable items for the food pantry at Holy Trinity.

Helen Keller said, “Faith is the strength by which a shattered world shall emerge into the light.”

Dr. King said, “Faith is taking the first step, even when you do not see the whole staircase.”

In peace,  
Ginny Cornell (Ginc289@optonline.net)

**Thought for August...**

### ***New Beginnings***

Each day, hour, minute...  
Each breath is a new beginning.

### News from the Building Team

Raymond Calamari and Brian Davis met with the Southold Architectural Review Board early in July. Unfortunately, members of the ARB had misgivings about the latest design. Mr. Calamari and Mr. Davis will be working with the ARB and the Building Team to address those concerns. While a decided setback, the other permitting submissions are still moving forward.

The BT, with Mr. Davis and Mr. Calamari, went to Riverhead Building Supply to look at windows, doors, cabinets and other fixtures for the new church. They also went to Lowes in Riverhead to consider appliances and other kitchen items. By doing so, we will be able to further refine any bids we will seek prior to construction.

Mark Sisson, Chair  
Building Team

Dear Beloved Community,

There has been a lot to remind me of cynicism these days – or perhaps the word is “hopelessness.” There are times when our deeply held spiritual values and assumptions are challenged by our government. One wonders if we will ever learn from our mistakes when it comes to gun violence. We see the evidence of climate change during heat waves abroad and in our own backyard. I recall back in 2004, while attending a rally for reproductive rights in Washington, DC, seeing many t-shirts that said, “I can’t believe I am still protesting this!” (with stronger language used). I feel the same way now, but upon reflection I know I am more discouraged now than I was then.

It feels as true as ever that the more things change, the more things stay the same – or, one step forward, two steps back.

For me, the best way to counter these feelings is to look towards others – to find hope in the connections we make with others, and in curiosity with getting to know someone and their values. When everything feels like a battle line, with winners and losers, we lose sight of each other’s humanity, and when we lose sight of other’s humanity, we also lose sight of those things that will, in the end, build us up, create justice, and leave the world better than we find it. We will be able to leave the world better for children and grandchildren if we center ourselves in our relationships and connections. Even little expressions of kindness and community can unlock the doors – not only to hope, but to solutions. As we move into the congregational year, we will be exploring spiritual themes that remind us of our own resilience and the source of our strength – in the fall, those themes will be Belonging, Courage, and Change.

I am pleased to be back in the pulpit after about 5 weeks of break, beginning a new year of exploration with you. I will be leading a spiritual practice of a labyrinth walk as well as offering once more our sacred text reading from *The World’s Wisdom*. I look forward to hearing from you all what your dreams for the next year are – what do we want to accomplish? How are we going fulfill our spiritual and moral purpose? What will our spiritual “yearbook” look like?

Please stay cool and well as we enter the hottest days of the year, and take care of yourselves. As always, you can reach me for pastoral care sessions by calling the church office or emailing me at [fristuminister@optimum.net](mailto:fristuminister@optimum.net).

Brightest Blessings,  
Rev. Valerie Freseman

Consider

*The odd garden*  
ornamental, cut down to size,  
growing round,  
not up,  
casting a perfection of  
shadows, darker  
than the gray branches,  
and twigs  
that were obscured  
by a profusion of light  
praising leaves



Mary James

## News from the Social Action Committee (SAC) & 8<sup>th</sup> Principle Task Force

Our June 8th meeting brought up a few items in need of Board review. We selected potential recipients of First Sunday Share the Plate (STP) collections for the months of July, August, and September. Since there was no formal Board meeting in June, requests and approvals for the first two months were made via email due to the timing of related events. Results are as follows:

**July 3 and 10 recipient** (Sunday the 10th was added because the 3rd fell on a holiday weekend) - the **Youth Empowerment Program (YEP) of Rural & Migrant Ministry (R&MM)** will be getting a check for \$200 to help defray operating costs of their 2022 Summer Day Camp in Riverhead. Thanks to the Membership & Outreach Committee, we'll also be bringing an "end-of-day meal" consisting of salad, pizza and fruit at 5:00pm on Wednesday, August 3rd. Thus far, we have a small group of four (4) going. That number is certainly enough to serve the approximate twenty (20) people who will be present, but I was told that, "All are welcome." Sound familiar?

**August 7th recipient - Peconic Land Trust (Shinnecock Land Acquisition and Stewardship Fund).** John Halsey, Founder & current President of Peconic Land Trust, and Tela Troge, attorney for the Shinnecock Nation, addressed our congregation at worship on Sunday, July 17th. This gave our congregation an opportunity to hear about their partnership and ask questions before the August collection, the proceeds of which will be delivered by check to the office of Peconic Land Trust in Southampton before Labor Day Weekend (September 2-5, 2022) when the 76th Annual Shinnecock Indian Powwow will be held in Southampton. I'll be attending the powwow with the intention of forwarding the plan for a get-together between the Shinnecock elders and the elders of our congregation (end of summer or early autumn). Anyone want to join me?

If you'd like to join us at Youth Empowerment Program (YEP) of Rural & Migrant Ministry 2022 Summer Day Camp on August 3rd or at the 76th Annual Shinnecock Indian Powwow on Labor Day weekend, please call me at (631) 997-9405 or email me [pattemcgoo@yahoo.com](mailto:pattemcgoo@yahoo.com).

**September recipient** - At a Board meeting earlier this year, it was mentioned that "CAST provides services to the poorest of the poor in our community. We should consider the support of STP collections on their behalf once per quarter." At the July 26<sup>th</sup> Board meeting, it was decided that **CAST will be the September STP recipient, and will be a regular STP recipient, once each quarter of the calendar year.**

As Chair of the 8th Principle Task Force and the congregation's 2022 Alternate Delegate to the GA, I will be co-presenting the "2022 Report from our General Assembly Delegates to the UU Association's 60th Annual Meeting" at Sunday worship on August 28, 2022. Although specific music / hymns weren't discussed, I did request that Charlotte play pieces from the 2022 General Assembly and committed to getting her the playlist.

The next SAC & 8th Principle Task Force meeting will be held on Wed., 8/10/2022, at 4:00pm, via Zoom. On the agenda is a Fall Clean-up. Any suggestions of beach, park, or neighbor's yard? Other agenda items include: 1) Voting rights and electoral participation; and, 2) LGBTQIA+ and Gender Justice (inclusive of reproductive justice and abortion access).

Per the UUA Side With Love Action Center, "The work we do together to build a world in which all of us are free and thriving is interrelated." We have intersectional priorities "grounded in our shared values of justice, dignity, human rights, compassion, and expansive love." Our efforts may seem scattered but as American writer, poet, librarian, civil rights activist and mother, Audre Lorde put it, "There is no such thing as a single-issue struggle because we do not lead single-issue lives."

Grateful for your continued support,  
Patte McManus, Chair